



## JOSLYN ADULT CENTER

1301 West Olive Avenue  
818.238.5353

Monday - Friday..... 8:00 a.m. - 8:00 p.m.  
Saturday ..... 9:00 a.m. - 4:00 p.m.  
Sunday ..... 10:00 a.m. - 4:00 p.m.

The Joslyn Adult Center provides opportunities for recreation, education, fitness, and cultural arts for those 55 and over. Our monthly and weekly program calendars, as well as our newsletter, "The Best of Times" are available online at [www.burbankca.gov](http://www.burbankca.gov)

## BENEFITS & ASSISTANCE PROGRAMS

The following benefits and assistance programs are available by appointment.

Please call 818.238.5353 for information.

### BENEFITS ENROLLMENT PROGRAM (by appointment)

**When:** 4th Tuesday of each month

**Time:** 2:00 p.m.

Get a free confidential screening and assistance in applying for income-eligible programs that can help you save money on health care, prescription drugs, food, or utilities.

### BRILLE LOW VISION REHABILITATION VAN

This monthly van features a wheelchair lift, LCD televisions for instructional videos, and demonstration areas for the latest low vision devices. Visitors can receive free low-vision rehabilitation consultations, learn more about Braille Institutes's Library Services, and qualified patrons can sign up to receive talking books. Please bring a referral from your eye doctor.

### HEARING SCREENING / TELEPHONE PROGRAM

**When:** 4th Wednesday of each month

**Time:** 9:00-11:00 a.m.

An Audiologist will examine your ears, check your hearing, and if you have hearing loss, issue a form for a free amplified telephone from the California Telephone Access Program.

### INFORMATION PROGRAM AT JOSLYN

**When:** 3rd Tuesday of each month

**Time:** 10:00 a.m.

Learn more about what the Joslyn Adult Center has to offer. Consists of a brief explanation of the various programs, groups, and services that are available, followed by a question and answer period and tour of the center.

### LEGAL ADVOCATE SERVICES

**When:** 2nd Thursday of each month

A legal representative from **Bet Tzedek (House of Justice)** Legal Services is available to assist low income individuals, 55 years or older.

### LIFE CARE PLANNING: ADVANCE DIRECTIVES

**When:** 2nd Friday of each month

**Time:** 12:30 p.m..

**Cost:** \$2 (free with BSAC card)

Learn how to complete an Advance Directive for health care and other pertinent forms pertaining to health care wishes. Documents will be provided free of charge.

### MEDICARE ADVOCATE

**When:** 1st & 2nd Wednesday,  
3rd & 4th Tuesday of each month

**Time:** 10:00 a.m.

The **Center for Healthcare Rights** can assist you with information regarding Medicare, Part D, Medigaps, HMO's, and Long Term Care Insurance.

### NOTARY SERVICE

**When:** 3rd Wednesday of each month

**Time:** starting at 9:30 a.m.

**Cost:** \$5 (free with BSAC card)

Notary Services are available for those 55+.

### PROJECT HOPE

**Project HOPE (Helping Others Prosper Everyday)** offers various services to older adults including home visitations, transportation to and from appointments and errands, grocery shopping for participants, and companionship. These services are provided by prescreened volunteers who are dedicated and compassionate individuals helping to better the lives of others.

### TELEPHONE REASSURANCE

Burbank residents, who are limited in their ability to participate in outside social/recreational activities may receive a weekly phone call by a friendly, caring volunteer.



## HIKE FOR HEALTH (ADULTS 55+)

**3rd Saturday of the month  
10:30 a.m.**

Join us at the Stough Canyon Nature Center for HIKE FOR HEALTH, our new hike for adults 55+.

See page 17 for information.

## BURBANK SENIOR ACTIVITY CARD

2016 BSAC cards are available at the Joslyn Center for \$15 (Burbank residents) and \$20 (non-residents). Cardholders receive discounts on programs/classes, at select Burbank businesses, and more.

Individuals may request a free Activity Card ("AC") to allow access to our activities, however, they will be required to pay full price for each program/class.

Scan your BSAC card when you attend activities or pay for classes/day trips.



## SPRING DAY TRIPS

The Joslyn Travel/Recreation Office offers day trips for adults 55 or older. Spring 2016 trip registration will begin on Monday, March 14, at 9:00 a.m. Priority numbers will be given out beginning at 8:00 a.m.

### Upcoming Spring Trips

Skirball Museum  
Santa Clarita Cowboy Festival in Newhall  
Tour the Living Desert in Palm Springs  
Benedict Castle in Riverside  
Huntington Library  
Solvang and Chumash Casino

See our trip brochure for dates/times.

## Burbank Senior Games coming May 9-20

Applications available mid-March at the  
Joslyn Adult Center  
1301 West Olive Avenue

**Application Deadline: Friday April 29**



### *Events include:*

Cribbage  
Golf  
Horseshoes  
Party Bridge  
Pool  
Skip-Bo  
Tennis  
Texas Hold-Em  
Wii Virtual Bowling

For more information, call 818.238.5353



## JOSLYN CYBER CAFÉ

*All computer users at the Joslyn Center must have a Burbank Library Card with internet access.*

### OPEN COMPUTER LAB

Monday-Friday, 8:15 a.m.-7:45 p.m.

Saturday, 9:15 a.m.-3:45 p.m.

Sunday, 10:15 a.m.-3:45 p.m.

### ONE HOUR 1-ON-1 TRAINING (for PC only)

Tuesdays & Thursdays, 12:30-3:30 p.m.

Fee: \$5 (\$2 with BSAC)

### FOUR WEEK CLASSES

(computer assessment required)

Fee: \$20 (\$10 with BSAC)

Basic Computer Class - IPAD Class - MS Word Class

### TECH-TIME

Need help with a new cell phone, digital camera, GPS, iPad, Facebook, etc? Call us!

Session fee is \$5 (\$2 with BSAC)

Call 818.238.5353 for information or appointments

## FITNESS / DANCE CLASSES

All Joslyn Center classes are drop-in and for those 55+. Class fees are per session. Get \$2 off with current BSAC card. For information, call 818.238.5353.

<b>MONDAY</b>	Oasis Walkers (outdoors)	9:30 a.m.	\$2
	Mindfulness Meditation	11:30 a.m.	\$2
	T'ai Chi - Intermediate	1:00 p.m.	\$5
	T'ai Chi - Beginner	2:00 p.m.	\$5
	T'ai Chi - Fan	3:00 p.m.	\$2
	T'ai Chi - Long Form	3:30 p.m.	\$5
<b>TUESDAY</b>	Mindfulness Meditation	8:30 a.m.	\$2
	Chair Yoga Tonic	2:30 p.m.	\$2
	Learn & Line Dance	6:16 p.m.	\$5
<b>WEDNESDAY</b>	Beginner Fitness	8:30 a.m.	\$2
<b>THURSDAY</b>	Mindfulness Meditation	8:30 a.m.	\$2
	Hula - Beginner	9:30 a.m.	\$2
	Hula - Advanced	10:15 a.m.	\$2
	Arthritis Fitness	11:30 a.m.	\$2
	Chair Fitness with Kaye	2:30 p.m.	\$2
<b>FRIDAY</b>	Chair Exercise	8:30 a.m.	\$2
	T'ai Chi - Outdoors	9:30 a.m.	\$5
	T'ai Chi - Beginner	3:30 p.m.	\$5
<b>SATURDAY</b>	Line Dancing Class - Ultra Beginner	9:30 a.m.	\$4
	Line Dancing Class - Beginner Plus	10:30 a.m.	\$4
	Balance Class	12:00 p.m.	\$3
	Zumba Gold	1:30 p.m.	\$5

